

## Attention: Madison Co Parents

## join our next Mental Health Series...

## Your Child's Anxiety & Depression

Anxiety & Signs of Depression

## Course Created by:

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Learn simple strategies that will help parents respond to their child's anxiety. When applied, these skills will help the child and parent bond, allowing the child to identify and work through their anxiety more effectively.

Also learn signs of depression and basic steps to help manage depression, and when to seek professional help.



June 7, 2023

6:00-7:00 PM via Zoom



**Register Here** 



https://cookcenter.info/MadisonJune7